Kiwanis Park Wave Pool

Come splash and play in Kiwanis' indoor, heated wave pool. Rent a tube and float the waves; enjoy an icy soda and hot pizza at Kiwanis Island Concession Stand. There are a few safety rules for your visit: children under age 8 must have an adult with them at all times, no water wings or other floatation devices permitted and the minimum height to use the water slide is 48".

Wave Pool Hours

March 22 – March 29	Saturday	1-5 p.m.
April 5- May 24	Saturday & Sunday	1-5 p.m.

Special Holiday Wave Hours:

May 26	Memorial Day	1-5 p.m.

Wave Pool Fees

General Admission (13 yrs+) $7
Youth Admission (2-12 yrs) $5

Mid-Day Wave Rates

From 3-5 p.m. (During Wave Days, Only)
General Admission (13 yrs+) $5
Youth Admission (2-12 yrs) $4
*No other discounts may be used with this discount.

Lap Swimming Hours*

Effective March 3 - May 24

M-Th	7-10 a.m.
M-Th	11:30 a.m.-1:30 p.m.**
M-Th	4:30 p.m. - 8 p.m.*
F	7-9 a.m.
Sa	8-11 a.m.*

*Except during private rentals.
**Beginning May 5, no Mid-Day Lap Swim until August.

Lap Swim Admission Fees

13 Yrs+ $4
2-12 Yrs $3

Private/Semi-Private

Private and semi-private lessons are available through the Kiwanis Recreation Center. Lessons are 30-60 minutes in length. For additional information, call 480-350-5732.

Swimming Pool Activities

Swim Lesson General Information

The City of Tempe Community Services Department provides a progressive program for students who wish to learn or improve their swimming skills. This program is certified by the Starfish Aquatics Institute. If you have concerns regarding your child's progress or ability level, please discuss them with the instructor or pool manager.

Fees for each class must be paid at the time of registration.

A student may register for a maximum of one (1) Learn-to-Swim class at a time using any of the registration procedures below. A student may also register for special classes in addition to a swimming class.

Students may register for additional Learn-to-Swim classes midway through the lesson. At the end of the lesson session each student will be provided a skill progress sheet for the class in which he/she is currently participating and information on the next appropriate class.

Current students will only be permitted to register for the next level of class by providing their skill progress sheet with their registration form.

All pre-registration activities are subject to cancellation prior to start date if minimum registration is not met.

Swim Lesson Program Class Descriptions

Parent-Assisted Lessons
30-Minute Classes

Star Babies (8-36 Mos)

Designed to be an infant's first introduction to water adjustment with an emphasis on parent participation/education, as well as safety skills and fun. One child per adult.

Star-Tot (2-4 Yrs)

For preschool children who are not ready for an independent swim program, or the child who has mastered the Parent/Tot class and is ready for more swim-readiness skills. One child per adult.

Preschool-Age Lessons; (Suggested Ages: 3-5 Yrs)
30-Minute Classes

Sea Horse Swim School

Sea Horse White

For children ready to participate in an aquatics class on their own. Emphasis is on basic water adjustment, breath-control and floating.

Sea Horse Red

Prerequisite Skills: Blow bubbles, fully-submerge unassisted; front and back float with support.

Sea Horse Yellow

Prerequisite Skills: Jump into four (4) feet of water; float for five (5) seconds, back and front.

Sea Horse Blue

Prerequisite Skills: Jump-in and swim 10 feet, return; back glide 10 feet.

Sea Horse Green

Prerequisite Skills: Tread water 15 seconds, swim 20 feet with side-breathing; backstroke with kick, 20 feet.

School Age Lessons; (Suggested Ages: 6 yrs+)
30-Minute Classes

Starfish Swim School

White/Red

Prerequisite Skills: For the child with little or no formal instruction in aquatic skills. Class emphasis is on water adjustment skills, bubbles and breath-control, submerging, and front and back float with flutter-kicking.

Yellow

Prerequisite Skills: Jump into 4 feet of water; float for 5 seconds, back and front.

Blue

Prerequisite Skills: Jump-in and swim 10 ft. and return; back glide 10 ft.

Green
Prerequisite Skills: Tread water 15 seconds, swim 20 feet with side-breathing; backstroke with kick, 20 feet.

Starfish Stroke School

White/Red
Prerequisite Skills: Jump-in, swim 25 yards freestyle and return with rhythmic-breathing; 25 yards backstroke.

Yellow
Prerequisite Skills: Freestyle and backstroke 50 yards; butterfly kick 10 yards.

Blue
Prerequisite Skills: Freestyle and backstroke 75 yards; butterfly 10 yards; breaststroke kick 10 yards.

Green
Prerequisite Skills: Swim 100 yards freestyle and backstroke; 25 yards butterfly; 25 yards breaststroke.

Adult Lessons
30 Minutes

Adult Beginner
Prerequisite 15 yrs+. Class is designed for adults who wish to learn how to swim and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to the front crawl, back float and safety skills.

Adult Intermediate
Prerequisite 15 yrs+. Class is designed for adults who have mastered the beginner skills and can swim 25 yards using the front crawl.

Adult Stroke Improvement
Prerequisite 15 yrs+. Class is designed to improve upon and refine current skills rather than teach strokes.

Fitness Classes
One-Hour

Kiwanis Pool Water Fitness Schedule
Register at Kiwanis Pool anytime; classes 60 minutes long and are on-going.

Shallow Water Exercise
Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down.

Transitional Deep Water Exercise
Challenge yourself to the next level of physical fitness! This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants should be comfortable in deep water.

Want to Volunteer?
Visit:
www.tempe.gov/volunteer

Class Title	Day	Time
	3/10-5/24	
Transitional Deep Water	T/TH	6:40 p.m.
Shallow Water	M/W	8:30 a.m.
	M/W	5:30 p.m.
	T/Th	8:30 a.m.
	Sa	9 a.m.
*Beginning May 5, the 8:30am class will meet at 8am.		

Program Card Fees - Water Fitness
6 Workouts: $30
8 Workouts: $40
Purchase cards at Kiwanis Front Desk; classes are on-going

Drop in Fee of $7 per class

Exercise; Aqua Zumba® ("Pool Party")
Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during a class. Aqua Zumba® is a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Pay-As-You-Go for $5 per class. *No class 5/27. **No class 5/29. 480-350-5200

36870	16 yrs+	T	4/1-4/29	5:30-6:30 p.m.	$22	KRC
36871	16 yrs+	Th	4/3-4/24	5:30-6:30 p.m.	$18	KRC
36872	16 yrs+	T	5/6-5/20*	5:30-6:30 p.m.	$14	KRC
36873	16 yrs+	Th	5/1-5/22**	5:30-6:30 p.m.	$18	KRC

Counseling Services

Individual
Marital/Couple
Child and Family

City of Tempe Counseling Program
Tempe Public Library (2nd Floor)
3500 S. Rural Road

480-350-5400 www.Tempe.gov/Counseling

Kiwanis Pool Evening Swim Lesson Schedule - 480-350-5201

Monday/Wednesday Classes

Classes meet twice a week for three weeks.
Fees for Swim Classes: $38

Class Title	Time	Session I	Session II
		3/31-4/16	4/21-5/7
Parent Assisted Classes			
StarBabies	5:35 p.m.	38787	38788
StarTots	6:10 p.m. 5 p.m.	38545 38614	38546 38615
Preschool Sea Horse Swim School (Ages 3-5 Yrs)			
Sea Horse White	5 p.m. 5:35 p.m.	38589 38591	38590 38592
Sea Horse Red	5 p.m. 6:10 p.m. 6:45 p.m.	38573 38575 38577	38574 38576 38578
Sea Horse Yellow	5:35 p.m.	38603	38604
Sea Horse Blue	6:10 p.m.	38562	38563
Sea Horse Green	5:35 p.m.	38568	38569
Starfish Swim School (Ages 6 Yrs+)			
Starfish White/Red	5 p.m.	38652	38653
Starfish Yellow	6:10 p.m.	38658	38659
Starfish Blue	5 p.m. 6:45 p.m.	38639 38641	38640 38642
Starfish Green	6:45 p.m.	38647	38648
Starfish Stroke School (Ages 6 Yrs+)			
Starfish Stroke White/Red	6:10 p.m.	38625	38626
Starfish Stroke Yellow	5:35 p.m.	38633	38634
Starfish Stroke Blue	6:45 p.m.	38551	38552
Starfish Stroke Green	6:45 p.m.	38620	38621
Adult Lessons			
Adult Beg.	7:20 p.m.	38558	38559
Adult Inter.	7:20 p.m.	38556	38557
Adult Stroke Improvement	7:20 p.m.	38543	38544

Tuesday/Thursday Classes

Classes meet twice a week for three weeks.
Fees for Swim Classes: $38

Class Title	Time	Session I	Session II
		4/1-4/17	4/22-5/8
Parent Assisted Classes			
Star Babies	5:35 p.m. 5 p.m.	38611 38789	38612 38794
StarTots	6:10 p.m. 5:35 p.m.	38547 38616	38548 38617
Preschool Sea Horse Swim School (Ages 3-5 Yrs)			
Sea Horse White	5 p.m. 5:35 p.m. 6:45 p.m.	38595 38597 38593	38596 38598 38594
Sea Horse Red	5 p.m. 5:35 p.m. 6:45 p.m.	38581 38583 38579	38582 38584 38580
Sea Horse Yellow	6:10 p.m. 6:45 p.m.	38607 38606	38608 38605
Sea Horse Blue	6:10 p.m.	38564	38565
Sea Horse Green	5 p.m.	38570	38571
Starfish Swim School (Ages 6 Yrs+)			
Starfish White/Red	6:10 p.m.	38656	38655
Starfish Yellow	6:10 p.m.	38662	38663
Starfish Blue	5 p.m.	38643	38644
Starfish Green	5 p.m.	38649	38650
Starfish Stroke School (Ages 6 Yrs+)			
Starfish Stroke White/Red	5:35 p.m. 6:45 p.m.	38627 38629	38628 38630
Starfish Stroke Yellow	5:35 p.m.	38637	38638
Starfish Stroke Blue	6:45 p.m.	38553	38554
Starfish Stroke Green	6:45 p.m.	38622	38623
Adult Lessons			
Adult Beg.	7:20 p.m.	38560	38561
Adult Inter.	7:20 p.m.	38819	38820
Adult Stroke Improvement	7:20 p.m.	38821	38822

Want to keep a good class going? Register early!

Kiwanis Pool Saturday Swim Lesson Schedule - 480-350-5201

Saturday Classes
Classes meet once a week for six weeks.
Fees for Swim Classes: $38

Class Title	Time	Session I
	3/29-5/3	
Parent Assisted Classes		
Star Babies	9:35 a.m. 9 a.m.	38613 38790
StarTots	10:10 a.m. 10:45 a.m. 9:35 a.m. 10:45 a.m.	38549 38550 38618 38619
Preschool Sea Horse Swim School (Ages 3-5 Yrs)		
Sea Horse White	9 a.m. 9:35 a.m. 10:10 a.m. 10:45 a.m.	38599 38602 38600 38601
Sea Horse Red	9 a.m. 9:35 a.m. 10:10 a.m. 10:45 a.m.	38585 38586 38588 38587
Sea Horse Yellow	9:35 a.m. 10:10 a.m.	38609 38610
Sea Horse Blue	10:10 a.m. 10:45 a.m.	38566 38567
Sea Horse Green	9 a.m.	38572
Starfish Swim School (Ages 6 Yrs+)		
Starfish White/Red	9 a.m. 10:10 a.m.	38654 38657
StarfishYellow	9 a.m. 9:35 a.m.	38660 38661
Starfish Blue	10:10 a.m. 10:45 a.m.	38645 38646
Starfish Green	10:10 a.m.	38651
Starfish Stroke School (Ages 6 Yrs+)		
White/Red	9 a.m. 10:45 a.m.	38631 38632
Starfish Stroke Yellow	9:35 a.m. 10:45 a.m.	38635 38636
Starfish Stroke Blue	9:35 a.m.	38555
Starfish Stroke Green	9 a.m.	38624

Special Interest Aquatics Classes

Lifeguard Training

A certification course for individuals who are interested in Lifeguarding. The course will include First Aid, CPR, as well as Lifeguard Training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirements. Fee: $130. 480-350-5201

Class Dates: 3/10-3/14

37688	15 yrs+	M-F	3/10-3/14	8 a.m.-5 p.m.	KRC

Class Dates: 3/19-3/29

37689	15 yrs+	W	3/19, 3/26	5:30-9:30 p.m.	KRC
	15 yrs+	F	3/21, 3/28	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	3/22, 3/29	8 a.m.-5 p.m.	KRC

Swim Lesson Instructor

Swim instructor candidates will receive the training needed to teach courses in the SAI Starfish Swim Instructor Program. Candidates will learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques. Course Prerequisites: Must be 16 years old and have a basic knowledge of the swimming strokes. Fee: $130. 480-350-5201

Class Dates: 4/9-4/25

38796	16 yrs+	W	4/9, 4/16, 4/23	5:30-8:30 p.m.	KRC
	16 yrs+	F	4/11, 4/18, 4/25	5:30-10 p.m.	KRC
	16 yrs+	Sa	4/12, 4/19	8 a.m.-5 p.m.	KRC

Summer Brochure Available April 17